

# The Carbon Chronicle

VOLUME 36: No. 33

ACME, ALBERTA, THURSDAY

SEPTEMBER 12th, 1957

\$1.50 a Year; 5c a Copy



Miss Jeanette Hecktor was a weekend visitor at the home of her parents Mr. and Mrs. Martin Hecktor.

George Leong of the Coffee

Shop left Wed. for Hong Kong, China. He went by plane all the way. Rumors have it he will not return alone. We wish you all the best and a swell trip George.

**FOR SALE**—One 3-roomed House and two lots on the hill by J. Flaws. Part cash or will trade for wheat. Easily moved. Price \$600.00.

—Apply Bill Bugovich, Carbon Hotel.

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—Apply Isaac Wiebe, Linden, Phone 3024, Acme.

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—Apply R. Garrett Sr. Carbon

## THE CARBON CHRONICLE

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George Wheeler, Publisher  
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at Acme, Alberta

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MEMBER OF THE C.W.N.A.

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Mrs. C. C. Diedo Sr. celebrated her 75th birthday last Sunday. Congratulations, Grandma Diedo.

Mr. Murl Stout of Victoria was a visitor with his sister Mrs. E. MacAlpine and father Mr. Jim Stout.

Mr. and Mrs. Gordon McLeod and daughter of Edmonton are visiting at the home of their parents Mr. and Mrs. A. J. McLeod.

Mrs. Fred Poffenroth, Mrs. R. Lamb (nee QBetty Gablehouse) and daughter were visitors at the home of Vi and Don Pattison.

Stewart Hay had the misfortune to be tripped by a dog causing an injured knee. He was a patient in Drumheller hospital but returned home on Friday.

Mrs. Bob Knecht and baby have been visiting at the home of Ted and Mrs. Schmidt for the past two weeks. Bob has been transferred to Wetaskiwin where he has been promoted to Manager of the new Builders Hardware Store. Congratulations, Bob.

Hospital patients this week are Alf Hoivik in Holy Cross hospital, Mrs. Doris Bramley in the General hospital, Albert Schell in Drumheller and Mrs. G. C. McCracken and Ole Hermanson in Three Hills hospital. How about dropping them a card, folks, to cheer them up.

Many thanks to Stubby and Dale for their wonderful work with the Little League Ball Club. Congratulations on winning the trophy again this year from the Parents and Supporters.

Mr. and Mrs. Gus Gieck and Rowland, Mrs. Gordon Hunt and boys were Calgary visitors this week.

We think our younger folks have done well this year. With honors to Beverley Gieck for her success at Chestermere, the girls at the swim meet at Three Hills; the Pony League and Little League teams on each of them winning their League.

At a meeting of the Acme Feeders Association held Friday night in the Acme Hall Lodge Room, four additional directors, W. D. MacDonald, Wes. Gore, Aaron Giesbrecht and Harvey Elliott were appointed to add to the original Board. W. D. MacDonald is now chairman and Vern Hanson vice chairman. The membership of the Association is now 20 odd with 15 of them temporarily agreeing to feed cattle. The Directors agreed to loan from the North Hill Treasury Branch where the Association can get money at 4½% and will in turn charge members 5¼%. Anyone interested may contact any of the Directors.

## DO YOU DREAD OLD AGE?

If you dread old age, remember that many millions will never have the privilege of experiencing it.

All through the years, man has tried to increase his life span. By all imaginable means he has endeavored to ward off death. He has tried incantations, sorcery and spells; he has swallowed potions, pills and poisons. He has experimented with feasting and fasting, smoking and nonsmoking, alcohol and total abstinence.

He has paid fortunes to fakery and quacks but nothing proved to be an infallible life

lengthener. He has endowed medical science. And from that he has gained returns.

In sterile isolated buildings, men and women have dedicated their knowledge and their lives to medicine, so that man might live longer, in less pain. And through their efforts, he has gained 20, 30, 40 or more years since the days when he believed that odd bits of dried dead animals, brewed to the accompaniment of appropriate spells, could keep him on this side of the pearly gates.

Today the average person can look forward to celebrating his birthday anywhere in the nineties, providing he takes commonsense care of himself and doesn't cross the street against the lights or take one extra for the road too often.

## TASTY ANDECONOMICAL

Variety meats, which include liver, kidney, brains, heart and tongue, are rich in flavour and in food values. Proteins and minerals (including iron) are supplied by these meats, which

## OPPORTUNITY THIS AREA

Canadian Company operating on a national scale. Immediate openings for ambitious men or women to manage local business dealing with some of Canada's largest chain stores; can be handled in spare hours at start if desired; honesty and dependability more important than past experience. Our liberal financial assistance enables rapid expansion. This is a business on a high plane for high type men or women of character only.

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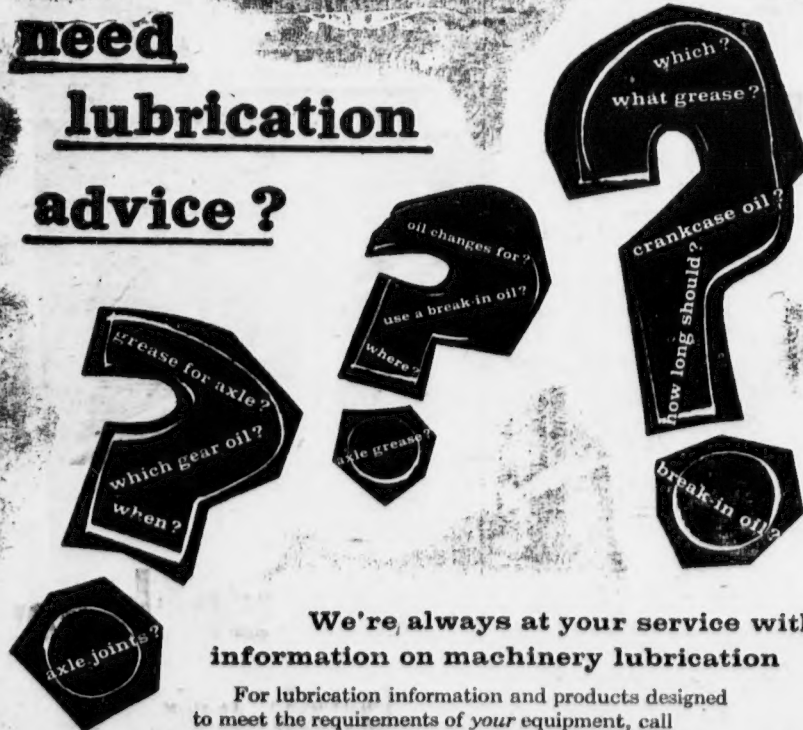
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## Loveliest lines!



The "Empire-Princess" — this new Printed Pattern fashions the very loveliest lines for your figure! Graceful dress with scoop neck, high empire bodice, smooth fitted, flaring silhouette; bolero.

Printed Pattern 4792: Misses' Sizes 10, 12, 14, 16, 18, 20. Size 16 dress and bolero require 4 3/4 yards 35-inch fabric.

Printed directions on each pattern part. Easier, faster, accurate. Send forty cents (40c) in coins (stamps cannot be accepted) for this pattern. Write plainly Size, Name, Address and Style Number and send orders to:

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Department P.P.L.,  
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PRINTED PATTERN

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Printed Pattern 4869: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 3 3/4 yards of 35-inch.

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## FIREFLY LOVE CALL

The flashing light from the tail of a firefly is a luminous love call with which it finds its mate.



**MODERN-DAY VOYAGEURS**—These modern-day "voyageurs" are shown here in this Saskatchewan Government photo as they neared the end of a 400-mile canoe trip through Saskatchewan's far-North, retracing a route pioneered by explorer-geographer David Thompson, 161 years ago. Left to right are: Dr. Omand Solandt, vice-president of the CNR; Eric Morse, national director of the Association of Canadian Clubs; Sigurd Olson, president of the National Parks Association of America; Denis Collican, president of the Canadian Bank Note Company, Ltd.; Tyler Thompson, United States Minister to Canada; and Maj.-Gen. N. E. Rodger, former vice-chief of the general staff.

## Canoeists complete historic voyage

Stony Rapids—Tanned, bewhiskered and toughened by 20 days at the paddle, six modern-day "voyageurs" have just retraced a 400-mile canoe route through northeast Saskatchewan pioneered by famed geographer explorer David Thompson, 161 years ago.

Like Thompson, they roughed it, paddling from dawn to dusk, stopping regularly, like the old voyageurs, for "un pipe." Often, they waded, neck-deep in fast, ice-cold water to "line" their three 16-foot canoes through rapids.

They saw a wilderness unchanged from that described by David Thompson, who, in 1796, sought a better route—than the Churchill - Clearwater - Athabasca rivers' system—into the fur-rich Lake Athabasca country.

Thompson's route by way of Reindeer and Wollaston Lakes and the Fond du Lac (then Black) river proved easier and faster to negotiate. But this advantage was more than offset by the very late spring ice breakup on Reindeer and Wollaston.

Olson, president of the United States National Parks Association, and crew chief; Dr. Omand Solandt, vice-president of the CNR; Tyler Thompson, United States minister to Canada; Denis Collican, president of the Canadian Bank Note Company; Eric W. Morse, national director of the Association of Canadian Clubs; and Maj.-Gen. N. E. Rodger, former vice-chief of the general staff—covered the Thompson route in 20 days, starting from Southend, Reindeer Lake, July 20.

They are members of a group which has canoed more than 2,000 miles, retracing early Montreal-to-Lake Athabasca fur routes since 1954. The other members are A. H. J. Lovink, former Netherlands Ambassador to Canada (now his country's ambassador to Australia); J. Frank

Delaute, secretary to Governor-General Massey; and Blair Fraser, Ottawa editor of Maclean's magazine.

Retracing the Thompson route took the adventurers over some of the "fastest water" in Saskatchewan's far-North. Said Eric Morse of the tricky route: "I wouldn't recommend it to anyone

## THE "DERBY"

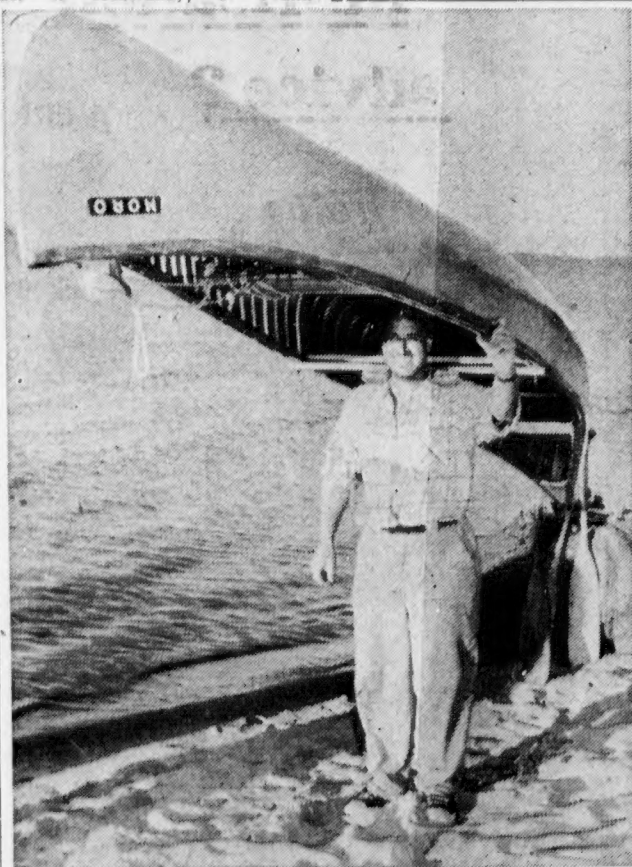
"Derby" in horse racing was originated in England by the Earl of Derby, who started the Epsom Derby race in 1780.

RED CROSS  
WATER  
SAFETY

## SAFETY SAM SAYS:

IF YOUR BOAT UPSETS OR SWAMPS, **HANG ON!!** ...DON'T LEAVE IT TO TRY TO SWIM TO SHORE! BE SURE YOUR BOAT IS EQUIPPED WITH AS MANY LIFE PRESERVERS AS MAY BE NEEDED!

COURTESY OF CANADIAN RED CROSS (SASK. DIVISION)



**PORTAGE**—Denis Collican "portaged" a canoe around a dangerous stretch of rapids. Despite the fact they "shot" many rapids, the canoeists still had to make 25 portages along the 400-mile route from Southend, Reindeer Lake, to Stony Rapids. They started from Southend, July 20, completing the exciting journey in 20 days.

who hasn't had lots of experience with white water (water raging over boulders and rock)."

But all agreed it was a wonderful trip. "Sig" Olson couldn't get over "that land of incomparable beauty. There's a stretch of country along the Fond du Lac, between Hatchet Lake and Manitou Falls, that the Saskatchewan Government should set aside as a wilderness reserve. You see sandstone of all colors, craggy cliffs, topped by stately evergreens; we even paddled through a 40-foot, rock tunnel."

Mr. Olson was the party's "Bourgeois" (brigade boss in the old fur trade days). "He had the final say when the rest of us couldn't make up our minds," said General Rodger.

The party made 25 portages between Southend, Reindeer Lake and their destination, Stony Rapids. The two longest were on the last leg, between Black Lake and Stony. They were three-and-a-half and two miles long, respectively.

"At the longer portages, we made what the voyageurs called a 'pose'," explained Dr. Solandt. "We'd carry part of our gear halfway over a portage, then return for more. When we had everything halfway across, we'd do the last lap."

The canoeists ate 20 pounds of food a day. Their diet regularly included fresh-caught fish. "We had fish fried, baked, boiled and broiled," reported Denis Collican. Tyler Thompson thought cooking was fun, "but the trick was to keep the sand out of the frying pan."

The men slept in tents and had little trouble with mosquitos and flies. Asked if they read a chapter from David Thompson's narrative nightly before bed, one group member said: "We did occasionally, but most of the time, we were so tired we just hit the sack right after supper."

As they made their way along the Fond du Lac river, averaging about 20 miles daily, the party saw, in turn, a moose, caribou and timber wolf.

"That wolf's den was so close to shore, we could have almost reached over and touched him as he came out," recalled General Rodger.

The canoeists had "fair paddling" for the most part. They "lined" their canoes through rapids daily. Being wet was normal, they stated.

"Twice our canoes struck overhanging rocks and nearly swamped. Those were our closest calls," said Mr. Morse.

(David Thompson himself, nearly drowned when his canoe struck a snagged birch tree in the Fond du Lac river at a point now known as Thompson's Falls).

Asked why men, like themselves, who spend most of their lives behind office desks, choose to spend their holidays roughing it by canoe through northern Canada's wilds, Mr. Morse answered for the group:

"We like to live and travel—for a few weeks a year—as the old voyageurs did. They had an exciting, carefree, satisfying life, with no telephones, jet planes and fast motor cars. Here, we find nature unspoiled and we like it."

Future plans are indefinite. However, the modern-day voyageurs hope, soon, to tackle the Athabasca Lake-Athabasca-Clearwater-Churchill rivers' route—the one David Thompson hoped he could better.

THE  
WILD WOMEN

The custom, started some time ago, of listing each year's Atlantic hurricanes by girls' names in alphabetical order, is convenient for meteorologists and newspapers but has its inconveniences for young parents looking for suitable names for female offspring. One can imagine that Audrey, after this year, will be regarded as a name of ill omen in the southern States. Hazel, a few years ago, established a reputation for wildness from the Gulf of Mexico to well into Canada.

Parents, for the time being at least, are fairly safe in choosing names for their daughters from the second half of the alphabet. As a rule, the annual hurricane season is ended before Monica, Nora and Olive get a chance at the headlines. Roberta, Sally and Theodora are virtually immune. Remembering the Empress Theodora, one may regard this as unfair, for she was a hurricane of a woman if there ever was one.

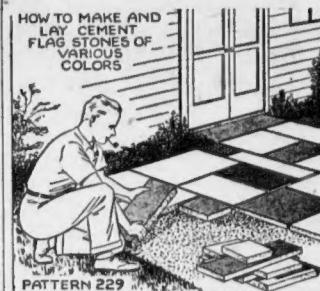
Feminists have already protested about the naming system, contending that men should be given a share of the odium attaching to tropical storms. Their complaint is understandable, but poetically they are wrong. Andrew, Bill, Charles and Donald are not names that suggest the wildness of elemental forces. They are names to be borne by tycoons rather than by typhoons. Arabella, Barbara, Coralie and Daisy are names that may suggest feminine virtues, yet when given to hurricanes they are a reminder that feminine virtues are never to be taken for granted.

There are 23 types of poisonous snakes in the Panama canal zone.



## Flagstone walk

Anyone who wants a flagstone walk or terrace needs nothing more than a little cement, sand or fine gravel and the necessary enterprise. Of course, if one has never worked with cement a few details covering the mixing formula and making the frames will be useful. The job illustrated above



is being done a little at a time. Each step in making the frames; mixing and coloring the cement in one tone or several colors; laying with grass in crevices or setting solid is illustrated fully on pattern 229. The price of pattern is 40c. Or it will be included in the Homestead Improvement Packet containing four other valuable outside improvements will be postpaid for only \$1.75.

## Fold-away table

This graceful table is as high as an ordinary card table with top a bit smaller. It is just the right size for twosome games and snacks. Use it for typing, sewing and the many ways in which a small table is useful indoors and out. If you have a power saw this is really just a one-evening project. The saw lines for the legs



are traced directly onto the wood from the pattern. The pieces are put together with screws and dowels. To save time in making up the material order the exact amounts and kinds of material to buy are listed on the pattern. The price of this pattern is 40c. Or enclose \$1.75 and receive the Useful Tables and Stands Packet of five standard size patterns in addition to the design shown in the above sketch.

Home Workshop Patterns,  
Department P.P.L.,  
4433 West 5th Avenue,  
Vancouver, B.C.



## Why pay admission

Since the time Adam sneaked up on the old apple tree and tasted of the forbidden fruit, people have been trying to get something for nothing. It has always been this way and probably always will.

But we find it difficult to understand the thinking of some people—and adults are the worst offenders—who make every effort to crash all admission gates. They believe that they have some premit that allows them to see a ball game, get into a sports or fair grounds, attend a dance, even see a picture show without paying the admission charged all others.

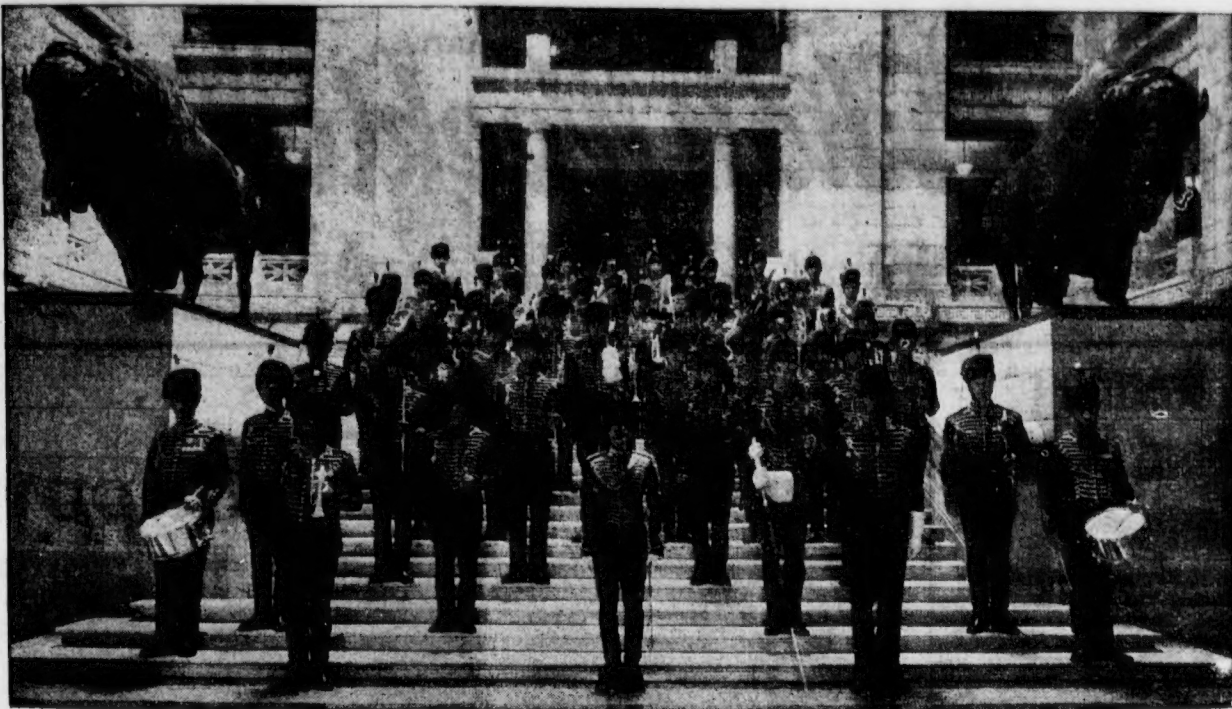
They are the same ones who will later complain that the entertainment wasn't worth seeing—why doesn't the organization, group or person smarten up and spend some money and put on a really good show. They overlook or ignore the fact that the admission charged the sponsoring group hopes later to be in position to provide perhaps better entertainment, additional facilities and services. In very, very few cases does any of the money find its way into an individual's pocket.

Latest illustration of what we are talking about was the Water Carnival at Stoney Lake last Saturday. We were surprised to hear the names of some people who argued with those at the gates against paying an admission.

They are the same ones who will think nothing of spending ten or fifteen dollars to attend some entertainment in the city but refuse a dollar to see a local event.—The Journal, Humboldt, Sask., Aug. 1, 1957.

The use of masks at costume balls originated in Italy.

(The News, Tillsonburg, Ontario)



ROYAL CANADIAN HORSE ARTILLERY BAND, CANADIAN ARMY

## Royal Canadian Horse Artillery at Sask. highway opening

Feature band at the Saskatchewan Trans-Canada Highway official opening, Regina bypass, Aug. 21, was the Royal Canadian Horse Artillery Band from Winnipeg. The band also was to play at a free, public concert in the Armouries that evening. The concert was under the joint sponsorship of the Government of Saskatchewan and No. 20 Militia Group, Col. R. E. Doyle, Commanding Officer. They played with the kind per-

mission of Major General W. J. McGill, D.S.O., C.D., General Officer Commanding, Headquarters Prairie Command of the Canadian Army, who was among those attending the opening.

The Royal Canadian Horse Artillery Band, one of Canada's leading military bands, was organized in 1905 at Kingston, Ont. Under a Trumpet Major MacKinnon, it was made up of one sergeant, one lance sergeant, a corporal and 22 bandmen. The band is now stationed in Winnipeg, Man., and has a strength of 50 musicians.

In 1908 Bandmaster (Warrant Officer Class I) Alfred Light, a graduate of England's Kneller Hall, took over command. Previously Bandmaster Light had been in charge of the bands of the 10th Hussars and the South African Constabulary. He retired in 1928 as a captain and was succeeded by Bandmaster F. W. Coleman from the South Lancashire Regiment.

The band became famous in Eastern Canada for both its standard of musicianship and its distinctive dress. The full dress consists of a gold trim blue serge jacket; blue and red overalls, half Wellington boots and dress spurs. The headdress is a fur busby with a plume of red vulture feathers surrounded by a gilt ring at the base and surmounted by a white ostrich feather.

While stationed at Kingston, the R.C.H.A. band participated in parades and inspections at Royal Military College. On state occasions, it took part in functions of Government House at Ottawa as well as other State occasions in the nation's capital.

The band was a feature at the Quebec Tercentenary in 1908, the Toronto Exhibition in 1932 and the unveiling of the Vimy Memorial in France in 1936. On that tour the band also played in Paris and London.

Prior to 1940 the band participated in each musical drive performed by the Royal Canadian Horse Artillery with all participants in full dress.

Following 1940 the band moved to Petawawa, Ont., where it was attached to A-1 Canadian Artillery Training Centre. It was greatly reduced in size when most of its members went overseas.

In late 1946 the R.C.H.A. band moved to Shilo, Man. It then totalled 20 members. Meantime, Captain Horace Tidman had taken over command from Major F. W. Coleman in 1942. Captain Tidman remained with the band until October 1945, when Bandmaster (Warrant Officer I) B. J. Lyons was appointed. Captain Tidman returned to the band in 1947.

In November, 1950, the band was moved to Winnipeg after a policy increasing the size of the armed forces' military bands had been adopted.

Today the band includes many outstanding instrumentalists from famed Symphony orchestras. Many musicians are composers, arrangers and conductors in their own right or experienced bandmen from historic regiments.

Because of the musicians' versatility the 50-piece R.C.H.A. band can form many combinations. Besides the concert band they have a male voice choir, a jazz band, Dixieland, South American and modern dance orchestras and string ensembles.

Late in January, 1954, the R.C.H.A. band completed a seven months' tour of duty with Canadian Troops in Germany. While there the band was employed on all ceremonial occasions, including the opening of the new Canadian camps at Soest. Before departing for Germany Captain C. C. Holt took over command from Captain Tidman and in January 1956 he was succeeded as director of music by Lt. Armand J. P. Ferland.

Lt. Ferland, a native of St. Boniface, Man., enlisted in the regular force in 1951 at the age of 25. He studied for four years at the Provincial Conservatory of

Music and Dramatic Arts in Montreal, where he was awarded first prize for clarinet and first silver medal for advanced theory.

He is also a graduate of the Royal Military School of Music (Kneller Hall), England, having passed the three-year bandmasters' course and having been awarded their bronze medal for composition. While studying in England, Lt. Ferland also became a Licentiate of the Royal Academy of Music (L.A.R.M., performer) and of the London Guildhall School of Music (L.G.S.M., conductor). WO1 Arnold North, cornet soloist for the band, is assistant director of music.



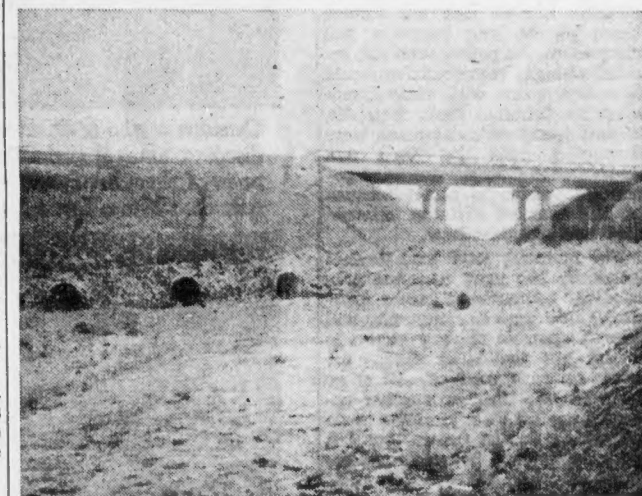
**SMOKE ROLLS OUT** from the Astoria Cafe, situated on the Metropolitan Block, on the corner of Broadway and Oxford Sts., that went up in flames and destroyed eight apartments overhead and five business houses, on July 31st, when Tillsonburg suffered its costliest fire loss in history.

Photo by Ellen H. Eff

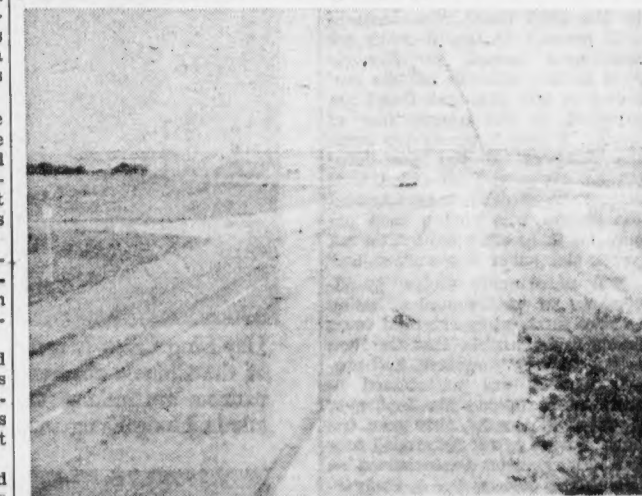


**HEAVIEST LOSS** was suffered by the Metropolitan Store, situated next door to the Astoria Cafe. Firemen are seen before and after the fire died down, extinguishing the blaze.

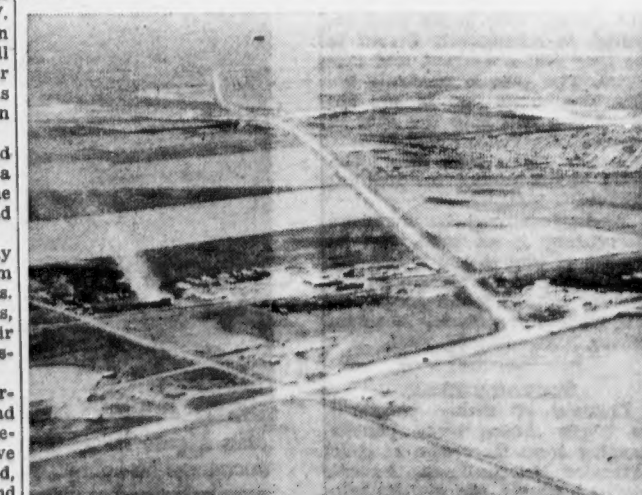
(Photos by Ellen H. Eff)



**OVERPASS**—View (looking east) of the newly constructed overpass and culverts on the No. 1 highway bypass at Moose Jaw, Sask.



**NO. 1**—View of the trans-Canada Highway (No. 1) near Wolsely, Sask.



**BYPASS**—Aerial view (looking east) of the trans-Canada (No. 1) highway bypass, intersecting with Victoria Avenue, east of Regina.



# Canadian Weekly Features

## A warning about dating cheques

D. T. Towers, Chief Constable

During the year 1956-57, the R.M.H. Municipal Police Dept. processed for prosecution approximately \$2,000 in spurious and fraudulent cheques. During 1955, the RCMP, Ottawa, on whose files all police forces in Canada lean for identification and information, demonstrated files on the fraudulent cheques amounting to over \$450,000. This it is reported, represented only 25 percent of forged negotiable paper. In other words, only one quarter of bad cheques are reported to the police. The 1956-57 returns are not published yet, but it is estimated that the amount will easily triple itself.

The figures shown here dealing with our own community revealed that the forger and bad cheque artist was no respecter of any particular type of victim, homeowners and business men alike being taken for a proportionate amount.

I hasten to say that our figure mentioned here does not include those people who reported bad cheques to the police, who but for criminal-legal technicalities would have had a case with some foundation in Criminal Law. However, a good many of these cases were forwarded onto the Civil and Small Debts Courts, where the police are unable to assist because of the marked division between Civil and Criminal Law.

For instance (and here I shall allude to the most common ruse used by professional bunco operators), we have the man who will prevail upon an unwary victim to accept his post-dated cheque for goods or cash received. All of us have at one time or another accepted an I.O.U., a promise to do something in the future, but not on today's date. When an agreement is made to accept a post-dated cheque, the entire nature of the transaction transcends to the less direct remedies provided by the Civil Court. The costs of civil process to the plaintiff are sometimes enough to dissuade such action, whereas all the processes of the Criminal Court are provided to the people free of charge. I cannot stress too much the dangers of the post-dated cheque. Even in Civil Court it is difficult to obtain damages against the person who writes such paper. As it is often said "It's not worth the paper it's written on."

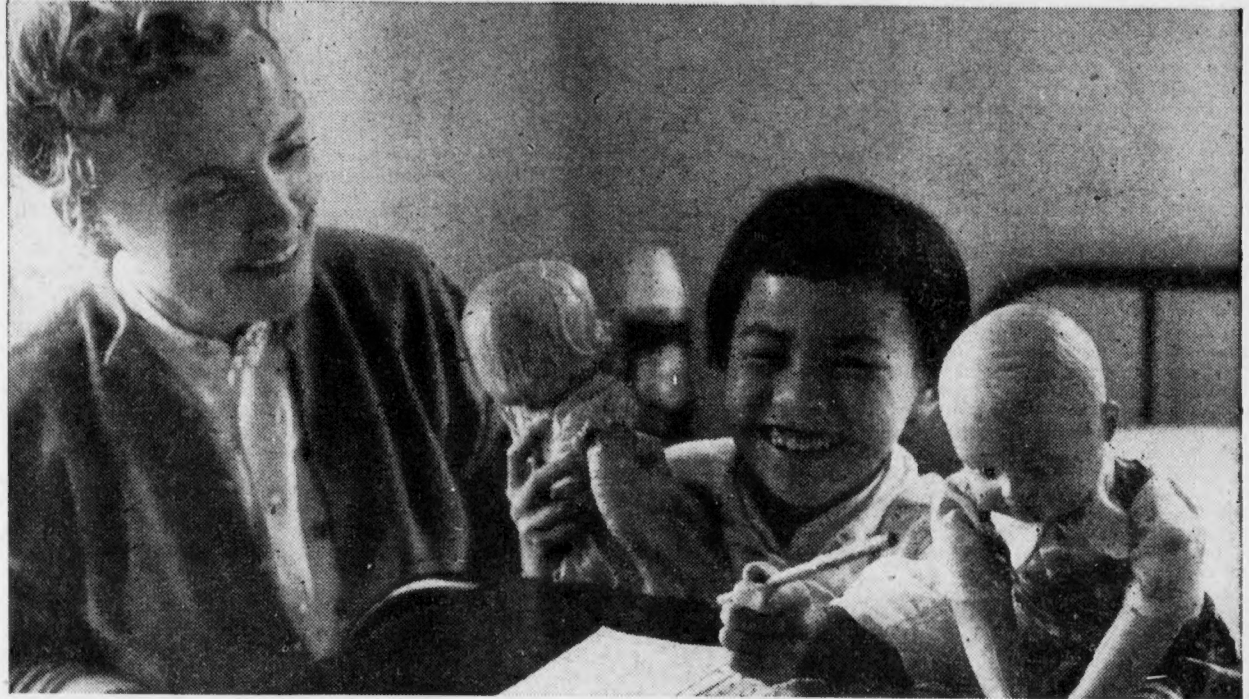
The unfortunate victim is advised as to what course of action to take next, when criminal court action is impossible. But the item is not entirely forgotten and proper records are maintained in such cases. In one file kept over a period of months, this year, the false cheque artist defrauded four local and district businessmen on different occasions for a staggering amount, all with the post-dated cheque. However, on the fifth instance, a cheque had been made out on the date goods were received. It subsequently proved to be NSF and a warrant was executed. The case is presently before the courts and if you are sharp you will note the case in current City Police Court reports. The city police were also interested in the suspect for identical reasons.

Again, beware of cheques where post-dating is an issue, and be careful of any cheque unless you are certain of the identity of the persons proposing the cheque. — The Mountaineer, Rocky Mountain House, Alta.—July 25, 1957.

### PIGTAILS HELP

Children of Berber tribesmen in North Africa wear pigtails hanging from the crown of their otherwise shaven heads. According to tradition, the pigtails help angles pull the children up to heaven.

## Canadian Nurse Finds Island of Happy Healing



Canadians who seek adventure in far-away places often discover unusual and interesting occupations but perhaps none of them has found a more rewarding or challenging task than Nurse Irene Moore of Bothwell, Ontario, who

is matron of a 500-bed hospital in a leper colony isolated on a tiny island ten miles off shore from Hong Kong. Above, Miss Moore encourages a young patient to write, thus exercising muscles which will speed her recovery.



Hay Ling Chau—Island of Happy Healing—is the message of the Chinese characters around the moon gate. These patients are making wooden utensils and furniture for sale in Hong Kong stores.



Patients are encouraged to raise vegetables in a garden alongside the hospital. Good food, fresh air, and some light occupation are as important in the treatment of leprosy as any other disease, explains Nurse Moore.



Miss Moore brings a patient some Canadian stamps to encourage his hobby. This couple met at the leper colony, were permitted to marry and live together in the "married quarters". Leprosy is not passed on to children.



Nurse Moore takes a keen interest in medical advances for the treatment of leprosy. Sulpha drugs have replaced chaulmoogra oil and other drugs are being tested which promise new hope for those afflicted with the disease.





### The philosophy of the modern approach to music learning

To put it briefly (although it is multiform), the underlying principle in the approach to music in Saskatchewan schools is to teach the essence before the symbolism.

In other words, children are taught to feel, understand and as a result of this, to enjoy music, before being introduced to the reading of regular notation and the manipulation of instruments.

The second stage is the participation in the making of music on classroom instruments. This, in addition to its prime function of creating a further interest in music, often gives the student who most needs it a sense of accomplishment which stands him or her in good stead in other subjects.

While it is not the intention of this article to become involved in technicalities, it is nevertheless essential to an intelligent appraisal of the music education program to be clear as to the meaning of the word "music."

To begin with; Music is not the symbolism committed to paper, nor is it the act of performance nor the sound emanating therefrom, but it is solely the emotional response in the mind of the listener to sound that is organized, in harmony with physical laws, toward beauty.

To quote Dr. Albert Schweitzer, "In music, the expression is wholly symbolical. The translation of even the most general feelings and ideas into tone is a mystery.

To quote Dr. Albert Schweitzer, "In music, the expression is wholly symbolical. The translation of even the most general feelings and ideas into tone is a mystery. The latest researches into the physiology of musical sensation do not help us in the least; they merely conquer for musical aesthetics a wonderful colonial territory which, however, to the end of time will yield it nothing. The thing that is most important to us, and will remain unexplained is the process by which the sensation of tone becomes converted into feeling, a mental mood."

It is on the basis of this philosophy that the authorized music program in Saskatchewan is designed. The authorized books for this program are known as the "Musical Fun Books," and are written by Rj Staples, Provincial Supervisor of Music. These are built upon the two following axioms:

1. Start with what the child already knows.
2. Whenever possible, teach the child only one thing at a time.

In keeping with the first axiom, dots and numbers are used instead of regular notation, and in keeping with the second axiom, these books are progressively arranged so as to develop one step at a time.

That these books are of simplified design does not alter the fact that they are in actuality a cleverly orchestrated version of old familiar folk songs. Another feature is that they are so arranged that each student is able to participate at his own level of capability. This is an essential feature in the multigrade classroom.

The initial use of dot and number scores does not mean that conventional notation is discarded and forever ignored. Quite to the contrary, the reading of regular notation begins when the introductory stages of the method have paved the way for a meaningful presentation of this symbolism.

The instruments used for classroom purposes are as follows: Flutophone, Auto Harp, Melody Bells, Keyboard,

(The News, Castlegar, B.C., Aug. 1, 1957)



CADETS W. Newman, Darryl Hill and R. Cristofoli, 581 squadron, Castlegar, B.C., and Wayne Pyne, No. 180 Squadron, Nipawin, Sask., pause for refreshments provided during inter-provincial sports day at the annual air cadet summer camp held this year at RCAF Station, Sea Island, B.C.

Violins or Mandolins, and various rhythm instruments such as the drum, triangle, cymbal and tambourine.

The Musical Fun Books required are as follows:

- Fun With The—Small Winds  
—Melody Bells  
—Keyboard  
—Classroom Harp  
—Rhythm Instruments  
—Strings

and the Teachers' Guide to the Musical Fun Books.

To those for whom the thought of getting up and leading a class of children in their vocal efforts inspires a nameless terror, and in such cases where the problem of providing accompaniment seems insurmountable, the "Sing With Me" records provide a painless and practical solution. And for those who are quite adept in this field, these records are a valuable aid.

These records consist of a male voice with a piano and organ accompaniment. The sound of the piano and organ predominates without obscuring the voice, making it easy for the pupils to learn the songs by rote. By turning up the volume of the record, a full accompaniment is provided. Summing it up, it simply means that these recordings teach the songs, lead the singing and provide the accompaniment, thereby leaving very little difficulty for the teacher to contend with.

A frequent question regarding music in schools concerns its status in the educational scheme of things. Reference to Curriculum Guide One will reveal the fact that music is not only a regular subject but every bit as compulsory as "reading, writing and arithmetic." The philosophy of the method and its application to the various grade levels is dealt with in the Curriculum Guide One and the "Music Manual for the Classroom Teacher (Rj Staples), which deals with nearly every conceivable phase and problem of classroom music education. Additional aids are the Teacher's Guide to the Musical Fun Books, and the annual six week summer course in Music Methods, as well as the demonstration held in various parts of the province by Rj Staples.

From this can be drawn the conclusion that every reasonable aid is provided for the assistance of the teacher, short of actual supervision, which will be dealt with in the next article.

### Wants oil companies to drill into Devonian

The Government of Manitoba are hoping to encourage oil companies to drill deeper into the Nisku formation of the Devonian age.

The Mines Branch issued an announcement inviting tenders for geological and geophysical reservation for a parcel of 20,586 acres of available Crown oil and natural gas rights.

These acres are in township 19, range 28; and townships 19 and 20 in range 29; which is in the Russell Birdtail area.

The Government's offer however is tied in with conditions, one of which is that three wells must be drilled to test the Nisku formation which is below the Mississippian formation, whence present oil is produced.

The announcement seems to clear up some of the conflict in government statements on oil recently.

John Thompson, M.L.A. (Virden) told the Times this week I was very interested to note the government's offer and its conditions, especially in view of the oil debate in the Legislature during the last session. — The Times, Woodworth, Man.—Aug. 7, 1957.

### No Central Peace gas service in 1957

Hopes of Central Peace communities for early access to natural gas have been set back by word that no extension of Westcoast Transmission's gathering system east of Gordondale is planned for this year.

Committee set-up by the Central Peace Board of Trade organization has been informed that big natural gas reserves in the Belloy and Tangent areas are unlikely to be tapped "for perhaps two years."

The committee sought comment on reports that plans were in the making for an early extension of the gathering system east from the Gordondale field.

Westcoast Transmission holds an export permit from the Alberta government to tap Peace River Country gas reserves for channelling into the \$150,000,000 export line to the Lower Mainland of B.C. and the U.S. Pacific northwest.

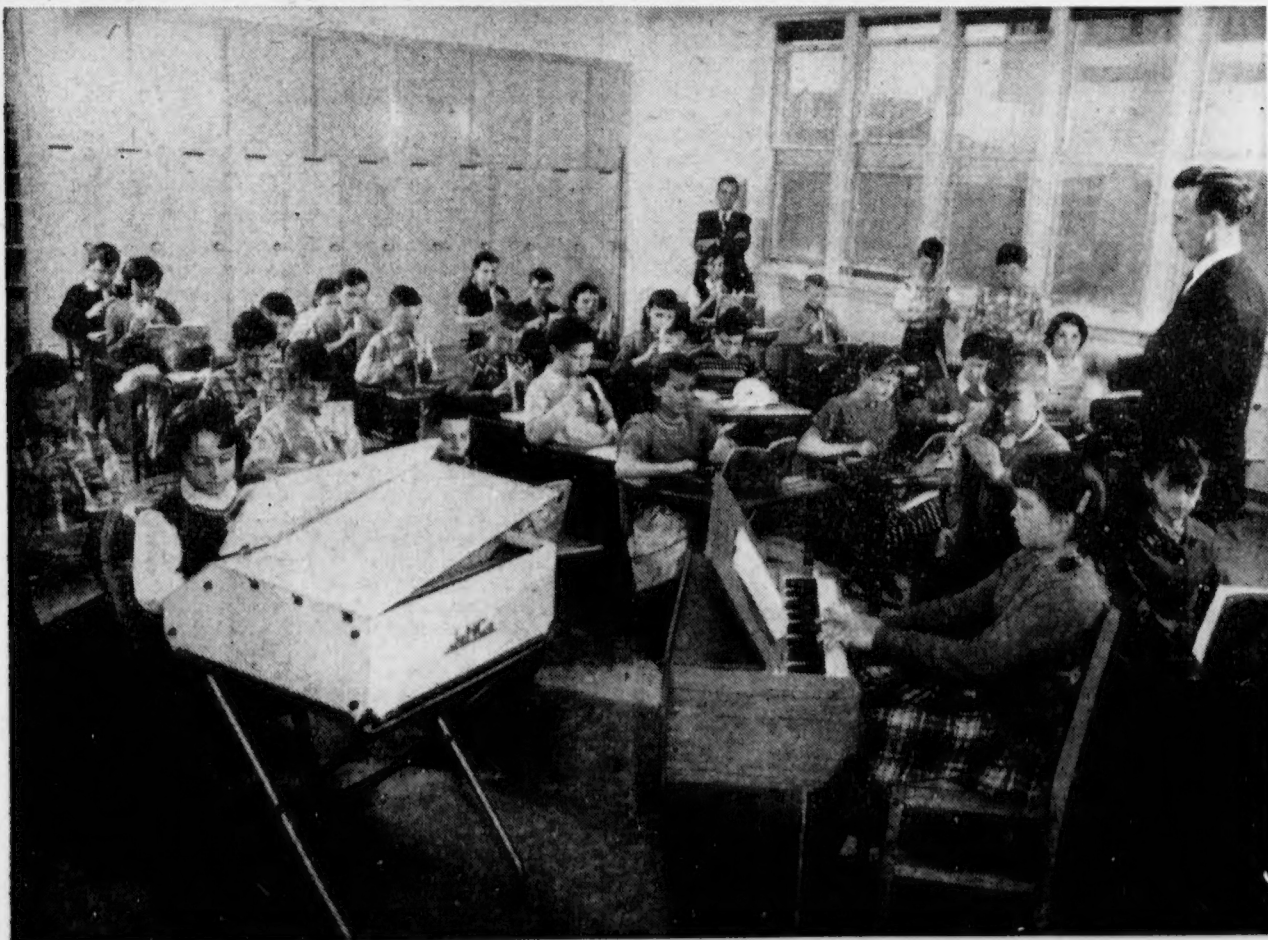
The Central Peace Board of Trade set up a committee last year to study the feasibility of obtaining gas for communities in the area once the gathering system had been pushed eastwards. — The Herald-Tribune, Grande Prairie, Alta., July 30, 1957.

### Work well advanced on auditorium

Work is now well advanced on the new Estevan Agricultural Society auditorium and it is anticipated that it will be ready for use by at least the first of October.

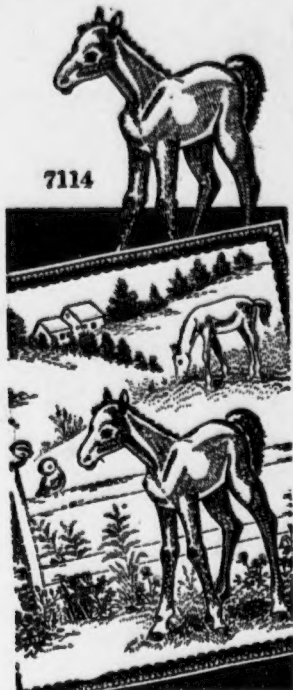
The building is now completely enclosed. The roof will be put on within the next week.—The Mercury, Estevan, Sask.—Aug. 8, 1957.

Television set owners play cards more than do non-owners.





## Family favorite



by Alice Brooks

Horses are a family favorite—youngsters and oldsters alike will want this picture to hang in their rooms! Minimum embroidery—to win compliments galore!

Pattern 7114: Transfer of picture 16x19 inches; color chart; directions for lining or framing.

Send thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Write plainly Size, Name, Address and Style Number and send orders to:

Household Arts Department,  
Department P.P.L.,  
60 Front Street, W., Toronto

A bonus for our readers—two FREE patterns, printed in our new Alice Brooks Needlecraft Book for 1957! Plus a wonderful variety of designs to order—crochet, knitting, embroidery, huck weaving, toys, dolls, others. Send 25 cents for your copy of this exciting NEW needle book—now!

## Week's sew-thrifty



PRINTED PATTERN

PRINTED Pattern that's wonderful for a busy gal's wardrobe! These separates mix-match beautifully; eliminate weekend packing worries. Blouse, shorts, side-button skirt—a joy to sew, wear!

Printed Pattern 4820: Misses' Sizes 12, 14, 16, 18, 20. Size 16 blouse 2 yards 35-inch; shorts 1½ yards; skirt 3¾ yards.

Printed directions on each pattern part. Easier, faster, accurate.

Send forty cents (40c) in coins (stamps cannot be accepted) for this pattern. Please print plainly size, name, address, style number.

Send order to:

Anne Adams Pattern Dept.,  
Department P.P.L.,  
60 Front Street, W., Toronto

## HELL'S CANYON

Hell's canyon, on the Snake river between Oregon and Idaho, is the deepest chasm on the North American continent. It averages 5,500 feet in depth.

Purple was the first dyed color to be fixed on wool and linen.

# Editorials

from

## Canadian Weekly Newspapers

(These are not necessarily the views of the editor of this paper)

## The staff of life

(The Enterprise, Yorkton, Sask.)

Again and again throughout history bread has proved itself a decisive weapon in war. At the risk of seeming to over stress this point we are satisfied that we can discuss no more important problems today than what can be done to dispose of our wheat surplus. With this thought in mind we have engaged in a bit of research on what the Good Book calls "The Staff of Life."

Cereal grains, chiefly wheat and rice, actually constitute 80 percent of the basic food ration of the globe's more than two billion inhabitants. In southeast Asia, China, India and Polynesia, where 90 percent of the world's annual rice crop of 440 billion pounds is produced, the diet consists of approximately 83 percent grain (rice) as compared to only three percent animal products, such as meat and fat. World wheat production has topped that of rice in recent years; it is the basic cereal of Europe, the Americas, Australia and a large part of Asia. But wheat and other cereal grains, rye, oats, barley and corn, do not dominate western diet to quite the extent rice does in the Orient. In Europe and America, food consumed, authorities tell us, consists of approximately 35 percent grains, 30 percent animal products and 35 percent fruits, vegetables and sugar.

Nonetheless, for millions of people bread continues to form the foundation of a nutritious and, at the same time, low-cost diet. No other food yields so great a percentage of energy at so low a price—1,200 calories per pound—approximately 65 calories per slice. Modern science has certainly confirmed man's instinctive conviction that bread not only best satisfies hunger but, as a source of strength, is probably superior to any other food.

The "staff of life" has always been the basic food-stuff of marching armies. "If I have bread, it will be child's play for me to beat Russia," Napoleon said in 1870. But "General Starvation" defeated his armies because his plan to replenish his supplies from Russian granaries was thwarted by the enemy's scorched-earth policy.

In ancient times, the Pax Romana which welded the edifice of the Roman Empire was based not alone on Roman arms but also on the supply of wheat that Rome obtained from her overseas possessions. When barbarian invasions from across the Danube and Rhine cut off Rome's communications with her distant wheat-raising provinces, food supply became an insoluble problem and Rome fell.

In the First World War, Germany's defeat became inevitable when she was shut off from the flow of American wheat by the British blockade. And in the last war, only the Battle of the Atlantic and the smashing of the German submarine menace saved Britain from a similar fate.

So, too, world peace agencies started out after World War II to feed the hungry. But for some reason or other these agencies of the democratic nations apparently have not won the goodwill of these starving peoples. Instead, most of these have turned to Russian Communism. We find, for example, Russia buying wheat from Canada and giving it (or a reasonable facsimile) to its satellites.

Over the centuries, bread, of course, has been made from many different grains. Rye once threatened to supplant wheat in popularity in England and Scotland. Nonetheless, wheat, since prehistoric times, has been the king of grains, its cultivation spreading from Egypt around the whole Mediterranean world, then throughout all Europe and western Asia. Wheat gained its ascendancy over the other grains because it baked better. Due to its high percentage of gluten, it possessed to a higher degree the quality of stretching with the addition of a fermenting agent such as yeast.

If we can muster the generosity to thank the Egyptians for anything these days it is for discovering, probably accidentally, that the addition of a fermenting agent to flour, salt and water produced, when baked, a radically different type of bread, with a delicious puffy, crumbly texture and fragrant golden crust. Bread as we know it probably dates back to about 4000 B.C.

But modern bread-baking has certainly come a long way from those first early Egyptian brick ovens—to the gleaming, automatic equipment we see in our own Yorkton bakeries. Yet the chairman of the Canadian Wheat Board stated recently that "Japanese bread is better than our bread in Canada."

It took more than taste and nutritive value to give bread its pre-eminence in the world's diet, both in ancient and modern times. Control of the bread supply has always been a political fact of enormous importance. Through bread, Egypt became the first nation to solve the problem of mass starvation. All wheat belonged to the Pharaoh, who paid it in the form of bread to his workers. In ancient Rome, the supply of bread was so closely tied up with social peace that bakers became civil servants and bakeries "state places."

Is it any wonder that bread, as the universal "staff of life," also took on spiritual and religious significance? To the Mohammedan, bread is so sacred it is an offence to cut it—it must be broken instead. The Hebrews offered their shew-breads to Jehovah in the Tabernacle and later

## People make a community

(The Empire Advance, Virden, Man.)

Virden today is the result of the planning and toil, the foresight and energetic action of people of years gone by. This is still a pioneering community for it is only 75 years young this year.

Residents of Virden today owe a great debt of gratitude to those who lived here in the early days, who wrested a living from the bald prairie making the land fruitful, who built the town, erecting buildings which have withstood well the test of time.

But Virden people, too, owe much to newer pioneers, the oil men who in a few short years have developed another great primary industry in this community, the production of crude oil.

That Virden is still pioneering is borne out by the fact that waterworks and sewage were first installed only some four years ago and a tremendous quarter of a million dollar extension program is planned for this year. Another instance of pioneering is the proposed Virden Agricultural and Recreational Centre to cost about \$400,000 when completed. Of this the race track has been constructed and most of the rest of the project will be undertaken next year.

The churches, too, are still pioneering. This year an addition is being built to St. Mary's Anglican Church and parish hall in keeping with the architecture; a new Sacred Heart Roman Catholic Church is rising; an addition to St. Paul's United is in the planning stage.

There is room for real pioneering on the farms as agricultural research makes available new and better products of the field for farmers to use. Farming methods today are vastly different from those of the early settlers and they continue to change and improve.

The people of Virden will further, during the years to come, the progress that the first 75 years have brought. Today's pioneers must carry on the work of the earlier pioneers.

Realizing that a community is not brick and stone but people, this issue of the Virden Empire-Advance, marking the 75th Anniversary of the community, gives a picture, imperfect undoubtedly, of the people who are the 1957 pioneers, who are working at building and improving the community. Sketches will be found of most of the organizations that are active. Some are missing, for one reason or another, mainly because material did not reach the newspaper office.

But every person, young or old, is a community builder whether or not he or she is active in any of the organizations that give leadership to the community.

Virden is fortunate in having so many people willing to work, in one way or another, for the good of the entire community. Some have said that Virden is over-organized. But this is not true. The trouble lies in the fact that too many people are joiners not doers, thus leaving too much work for a comparative few. It is a situation easily remedied.

That the future will be a bright one is most probable. This is dependent largely upon the initiative and enterprise of the people. Those are qualities that the people of Virden possess in large measure.

★ ★ ★

## Changing fashions

(The Globe, Lacombe, Alberta)

We see where ladies' hosiery firms are out to change the tastes of Canadian women — for the ladies of this country have apparently not been co-operating with them the way the hosiery firms would like.

There was a time—and not too long ago—when Canadian grown-up females each bought better than 16 pairs of nylon hose per year. Now this average figure is down to little better than a dozen, and the hosiery firms are worried.

Although they feel that longer-wearing stockings have something to do with declining sales, they suspect rather strongly that the Canadian habit of bare legs for our womenfolk is the major factor.

So hosiery people are going to take up the cudgels and prepare for battle against this habit of Canadian females going out without first donning nylon hose.

One consumer researcher is quoted as saying that "At one time, if a woman did not wear hosiery, she was apt to be judged unrefined, in poor taste, or even a little immoral."

So the hosiery people are now out to turn back the clock, and restore that social code of yesterday.

in Solomon's Temple. And the breaking of bread in the Christian Communion service symbolizes a mystical sharing in Christ, the "bread of life."

So today food for the hungry millions of the world has spiritual significance. There lies the challenge which the North American continent, with its capacity for aid, cannot afford to ignore any longer. Surely, surely we find some means of distributing what we have in such abundance to those who need this surplus to live.



# NEIGHBORLY NEWS

A CBC program aired every Sunday morning  
At 10:00 Central Daylight Time

PREPARED BY C. F. GREENE



**PENQUIN SKIRT** — Buttons, newly important for fall, are used effectively by Jack Liebman of Montreal, to highlight his "penquin" skirt dress. In fine wool flannel, the skirt appears to have an over-panel. The two rows of buttons start at the hips and march down the tapering panel to the hemline.

## Hospital installs new X-ray machine

First of its kind in Canada, technicians this week completed installation of a new General Electric Aristocrat model X-ray machine. Of brand new design and incorporating many exclusive features, the machine makes it possible to produce a good picture in a short length of time. The hospital now has two fully-equipped X-ray rooms.

The new unit has a capacity of 300 milliamperes at 125 k.v.p. and a time range from one-sixtieth of a second to 15 full seconds. This means that split second exposures may be obtained giving exceptionally good diagnostic pictures for the doctors to study.—The Journal, Humboldt, Sask., July 25/57.

## Party-perfect!



7139

by Alice Brooks

Catch this big butterfly with your needle—and put it to use as a gay party apron! It's perfect for summer entertaining — stunning done in bold contrasting colors!

Pattern 7139: Transfer of butterfly apron 15½x20 inches; color suggestions; directions.

Send thirty-five cents in coins for this pattern (stamps cannot be accepted). Print plainly Name, Address, Pattern number.

Send order to:

Household Arts Department,  
Department P.P.L.,

60 Front Street, W., Toronto  
A bonus for our readers — two FREE patterns, printed in our new Alice Brooks Needlecraft Book for 1957! Plus a wonderful variety of designs to order—crochet, knitting, embroidery, huck weaving, toys, dolls, others. Send 25 cents for your copy of this exciting NEW needle book—now!

**AUGUST 18, 1957**  
Good morning, neighbors:

It used to be considered that mushrooms were about the only thing that could pop up over night (after a rain, that is). But they're doing it with houses now, and the less rain the better—states the Wilkie Press, Sask.—going on to report that July 24, was a day of considerable activity at the farm of Don Miller, two miles east of Wilkie, when some of his neighbors assembled in the morning to commence work on the new Miller home. By six o'clock in the evening, the two bedroom house was completely closed in, door and windows installed, and half of the roof shingled. Three weeks prior, a similar home was "built-in-a-day" at the farm of W. Kirkland.

"We in Manitoba are equally quick in the building line," declares the Carillon News of Steinbach. In just one day, on July 19, 300 friends and neighbors of John Wallace in the Niverville district, got together and built a barn that measures 20 by 65 feet, and will house comfortably approximately 60 head of cattle. The job began about 10 a.m. and was almost completed by nightfall with only a few finishing touches for the following day.

Turning from farm buildings to farm equipment, the Nanton News, Alberta, states that in a letter received from Thomas Johnson of Fraser Lake, B.C., he claims he owns the oldest hay rake in western Canada still in use. His father bought the rake in Ontario 54 years ago, and it was second-hand then.

Collecting old things is a hobby with some people. As the Morden Times, Manitoba, remarked: Most persons, when deciding to take up a hobby try something simple like stamp collecting or knitting, but not Donald Buchanan, 85, of Arcola, Saskatchewan, one of the three remaining members of the family of Mr. and Mrs. Archibald Buchanan who settled in Morden 81 years ago. Mr. Buchanan has for his hobby woodcraft in which he turns small pieces of wood into many useful articles such as bowls, trays, trinket boxes and clocks. Some items turned out by Mr. Buchanan have as many as 309 pieces of wood in them.

If Mr. Buchanan ever runs out of wood, he should contact Mrs. William Cull of Ceylon, Sask., who tells us that she has just had a piece of wood removed from her hand which has been there for over 37 years.

Forty-four years is a long time to be asking "Number, please?"—says the Wilkie Press, Sask.—but Miss Birdie McCracken has put in all those years as operator, supervisor and agent with telephone companies and departments. On July 20th this year, Miss McCracken voluntarily retired from Saskatchewan Government Telephones.

Well, after all those years Miss McCracken deserves a real vacation—which brings us back to the Nanton News, Alberta, for this news item. When Mr. and Mrs. Eric Lockton and son, Roy, left for holidays recently, they left a sign on the door of their electric shop which said "Many times you have told us where to go. We went!" On their return last week, Eric commented: "I was misinformed. It wasn't as hot as I thought it was going to be." They travelled as far south as Eureka, Calif.

Travelling along the road of life together for a long time have been these two couples; they recently celebrated their 60th wedding anniversaries—Mr. and Mrs. J. S. Bexfield former residents of the Beachwood districts, now in Lloydminster—and Mr. and Mrs. Lew Cocks of Gainsborough, Sask.

Congratulations to you four good people—and congratulations are in order to this young chap mentioned in the Olds Gazette, Alberta, Tony Hengstler who goes to school at Ione Pine School did not miss one day of school last term. He went to school some days when it was 30 below zero, travelling one a half miles by horse and cart.

Here's an old horse—or rather pony. According to the Macgregor Herald, Man., Phyllis Henry in the Lavenham district has a pony, Bud, which is going on 18

years of age. Phyllis and her pals ride him around here every day and all day, and he never seems to tire. He carries two and three at a time. Can anyone beat this?—asks the reporter.

A lady advertising in the Birtle Eye-Witness, Man., isn't looking for a pony but for another kind of pet animal. The ad reads: Wanted—a young dog that will obey, Mrs. J. Keel, Birtle.

The Carrot River Observer, Saskatchewan, calls attention to a dog—although it probably is not for sale. One day last week Mr. and Mrs. Pochipinski and their son, Marvin, were driving in their truck across the Carrot River, when they got stuck in the mud. Mr. Pochipinski stayed at the truck to try to get it out of the mud, and Mrs. Pochipinski and Marvin decided to walk for help. They had their little fox terrier with them, and running ahead of them, he spied a big black bear behind a pile of pulp wood. The dog barked, frightened the bear and chased him up a tree. Mrs. Pochipinski and Marvin were only about 35 feet from the bear and watched him go up the tree. Needless to say, the bear was no more frightened than was Mrs. Pochipinski and Marvin, who didn't lose any time in getting away from there.

"Bears, did you say?" growls the Meadow Lake Progress, Sask.: they are getting so numerous around the Meadow River district that they are turning into "Peeping Toms." One evening recently Miss Myrna Atkinson, niece of Mrs. Hardy, was sitting by the table when she became aware that someone was watching her; when she looked up there was a bear staring at her through the window. When she called Mrs. Hardy to come and look, the bear ambled away.

And making another mark on the calendar of life are these good neighbors receiving congratulations from their local papers on news-worthy birthday anniversaries. Milton Cooper of the Clares-

holm district, Alberta, 90—Mrs. Limpert, Sr., of Delia, Alberta, 90—W. I. Gould of Napinka, Man., 91—Mrs. H. V. Bailey, formerly of the Binscarth district, Man., now in Victoria, B.C., 94—Mrs. R. A. Cox of South Beresford, Manitoba, 94—W. J. Smith of Assiniboia, Sask., 95—James Robinson of Mather, Man., 95—Grandma McCubbing of Glenside, Sask., 97—Mrs. J. W. Mitchell of Kenton, Man., 97—and William Arbuthnot of Portage la Prairie, Man., 98.

Bouquets to all you old-timers . . . and speaking of flowers, Mr. and Mrs. John Bunz of Muenster, Sask., writes: "A week ago, you mentioned a tiger lily which had nine buds on it. Well, when we went to look at our tiger lilies, we found one with nine buds, one with ten, and one with twelve—and, mind you, all blooming at the same time."

But you cannot beat this advice given by Mrs. L. McGregor in the Harding news column of the Woodworth Times, Man. She writes: My advice to anyone who owns a diamond ring is to have the stone checked periodically. If I'd followed my own advice, I wouldn't have had to strain all the wash water and do a thorough housecleaning. However, I had good results, found my diamond and had an extra clean house.

Then the Lacombe Globe, Alberta, reports that while Mrs. B. A. French of Mannville was visiting her daughter, Mrs. A. D. McKinnon in Morningside, Alberta, she found a signet ring in the yard which she had lost last November. The ring was as good as ever — neither bent nor tarnished.

Still in the jewellery line, the Watrous Manitou, Sask., states that while looking through his souvenirs the other day, Ted Markham, resident of Manitou Beach for the past 45 years, ran across a watch which is worthy of special mention. This timepiece, made by Lloyds of Southwark, England, has been in circulation for some 200 years. It is a key wind, chain drive model and, according to Ted, it still keeps accurate time!

Finally, The Virden Empire-Advance, Manitoba, gives us this smile of the week. First housewife: "Have you noticed that my husband hasn't been himself lately?" Second housewife: "Yes, I have. What an improvement!" Good morning neighbors and keep smiling.



**RAGGEDY ANN AND ME** — This two-year-old, outfitted in his hand-smocked party costume sits in wistful silence with his favorite doll. His romper suit, complete with Peter Pan collar and puffed sleeves, is practical and pretty. An acetate blended fabric, it washes easily and dries like magic. Available in pastel shades, it withstands years of wear.

## Medway, Faminow plan Bassano medical clinic

Doctors Medway and Faminow of Brooks have completed arrangements to purchase vacant lots across the street from the Masonic Hall in Bassano, according to The Bassano News, and plan to start construction shortly on a new clinic.

The building will be 36 and 50 feet with a tile front and is expected to cost some \$20,000. It will contain several rooms for use as waiting rooms, doctors' consulting rooms and a laboratory.

Dr. Medway is of the opinion that an additional staff of doctors will be required when the new Bassano Hospital is constructed and in operation. The new medical building is being planned to accommodate any necessary increase in medical services as the need for them arises. — The Bulletin, Brooks, Alberta, July 18, 1957.

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by the world's largest liners, "QUEEN  
ELIZABETH" and "QUEEN MARY".

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## CANADA'S health

### THE POPULAR ALLERGY

While the word "allergy" is comparatively new, the conditions it indicates have long bothered mankind. Usually called "hay fever" this illness has various forms, all very uncomfortable and distressing, afflict those who are sensitive to the pollens or other substances that cause the condition. People may be allergic to animal dandruff, feathers, foods, dusts or fabrics. The result may make itself known by skin rashes, respiratory disturbances, digestive upsets or headaches. Any form of allergy should have medical attention, since the doctor can diagnose the condition and discover the offending substance, so that treatment may relieve the distress.

### GOOD SUBSTITUTE

Cheese makes an excellent substitute for meat, since it is rich in protein, calcium, vitamin A and riboflavin. Eaten as

it is or made into a cooked dish, cheese has an endless variety of culinary possibilities

### BREAKFAST FOR ENERGY

That feeling of fatigue and tiredness that comes during the morning can usually be blamed on the lack of what should be a good meal to break the fast after the many hours that have elapsed since the previous evening's meal. For breakfast the ideal menu is citrus fruit juice, hot or cold wholegrain cereal, bacon and or egg, with toast and coffee or other hot beverage. This will set the busy worker or student up for an energetic morning.

### DON'T ENCOURAGE ITSY-BITSY TALK

A child who is learning to talk will learn to pronounce words clearly and more correctly if the adults in his family speak in normal language to him. While baby talk may be amusing in his very early childhood it should not be encouraged as he approaches school age, at which time he should have no difficulty with everyday words and should be able to construct simple sentences.

### DO-IT-YOURSELF TYPE

A small child can learn to brush his own teeth as soon as he can understand that his teeth must be brushed immediately after eating. He should be trained to use the brush correctly, from the gum down to the biting edge of the teeth, and not horizontally across, which just presses the particles into the crevices. Most youngsters learn the tooth-brushing routine early and it becomes a regular habit.

### WEEKLY NEWSPAPERMEN MEET SEPT. 9-11 at BANFF

On September 9, 10 and 11 the Canadian Weekly Newspapers Association will hold its 38th annual convention in Banff, Alberta.

Representatives of member newspapers from Newfoundland to Vancouver Island will meet to discuss problems facing the industry, and to greet old friends, and to meet new ones, in this unique fraternity of weekly newspaper publishers and editors. As has always been the case, many of the wives and children will also be present, for they are a part of "Canada's Biggest Family Party" as the CWNA convention has come to be known, just as in so many instances they are active workers in the family newspaper.

### YOU CAN'T BEAT THE FARM

Following is a poem handed to us recently by a local farmer—you've probably read it before, but not recently.

Come here boys,  
I have something to tell you.  
Come here and I'll whisper it low.

If you're thinking of leaving the homestead,  
Now don't be in a hurry to go.  
Stay on the farm, boys,  
Stay on the farm.

The profits come in rather slow  
But don't be in a hurry to go.  
The city has many attractions  
Surrounded by glitter & show.  
But the farm is the best and the safest

So don't be in a hurry to go.  
Now boys, you talk of the mines of Nevada.  
They're rich in treasure no doubt.

But there's gold on the farm, boys,  
If only you'll shovel it out.

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**KEEP IT DRY — STORE IN INSECT-FREE GRANARIES**  
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**MALATHION IS SAFE — CHEAP — EFFECTIVE**  
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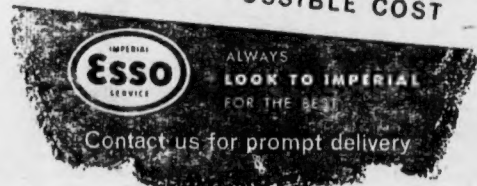
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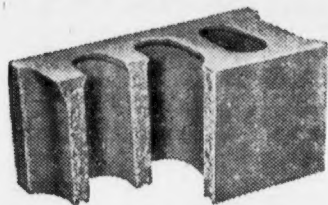
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**Good Reading for the Whole Family**

- News
- Facts
- Family Features

The Christian Science Monitor  
One Newbury St., Boston 15, Mass.  
Send your newspaper for the time checked. Enclosed find my check or money order. 1 year \$18.00  
6 months \$9.00 3 months \$4.50

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zone \_\_\_\_\_ State \_\_\_\_\_

The scout is saving odd-job earnings to buy a movie camera



The scoutmaster is saving to cover future expenses of his growing family

**Both have a  
bank account—and  
a purpose for saving**

Each has a different objective, but both are working on the same idea: that to get ahead it is important to save ahead, too.

Your reasons for wanting to build up your bank account can be as varied as human hopes and needs... a vacation, your child's education, a new rug, camera equipment; or simply the deep satisfaction and sense of security that a cushion of ready cash creates.

A chartered bank is a convenient place to keep your savings safe, and to keep them growing. Whether your account is large or small, the trained and friendly staff is there to take care of all your banking needs.

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